/	OTPE TO
10	JUL 13. 2006 5
18	AT TRADEMARKO

	Ctorting										Ending
Time	Sugar	Toasts	Meal —	2	Total	Insulin	Dose	2	S.	Total	Sugar
8:00 am	144	(2)+ 108	+108		+108	108 j	-108				144
9:00 am	144										144

1/68

FIG 2

Time	Starting Sugar	Toasts	Meal1	Total	Insulin	Dose	Total	Ending Sugar
8:00 am	144	2+108	+008	+108	4 108			282
9:00 am	282					\$ 4	-54	198
10:00 am	198					\$ 4	5 \$4	144
11:00 am	144							144

Time Sugar Toasts 1 2 Total Insulin		Ending
1 - 20 - 20 - 20 - 20 - 20 - 20 - 20 - 2	1 2 3 Total	Sugar
108 100 1 10	1. K-432 80	JøjF

S Time	Starting Sugar	Toasts	Meal	Total	Insulin	Dose1	3	Total	Ending Sugar
8:00 am	144	2+08	+36	98+	16-432				180
9:00 am	180		-(36	+36					216
10:00 am	216		- (36	+36		-27		-27	225
11:00 am	225					<u>-27</u>		-27	6
12:00 pm	198					-27		-27	
1:00 pm	161					-27		-27	144
2:00 pm	144					<u>-27</u>		-27	167
3:00 pm	167					-27	C-T	-27	6

FIG. 5

	Ctorting		MACOL			Doso		Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Sugar
6:00 am	144				16-432			144
7:00 am	144							144
8:00 am	144	2 + 6 8	9ંફ્રેમ	98+		-27	-25	183
9:00 am	183		98+	98+		-27	£2-	162
10:00 am	162)	98+		-27	-27	1\$1
11:00 am	161					-27	-27	144
12:00 pm	144					-27	-27	1107
1:00 pm	167					-कुर	-27	© 6

FIG.6				5				
Time	Starting Sugar	Toasts	Meal1	Total	Insulin	Dose1 2 3	Total	Ending Sugar
8:00 am	144				16-432			144
9:00 am	144							144
10:00 am	144	$\sqrt{2}$ + $\sqrt{68}$	98+	98+		-27	-27	1ණී3
11:00 am	163		9 \$	98+		-27	-27	162
12:00 pm	162		-(3 6	98+		-27	-27	10/4
1:00 pm	121					-27	-21	144
2:00 pm	144					-27	12-	147
3:00 pm	167					-27	-27	06

Time	Starting Sugar	Toasts	Meal1	Total	Insulin	Dose 1 2 3	Total	Sugar
8:00 am	144				16-432			144
9:00 am	144	(1)+\$4	8+	8 ₁ +				162
10:00 am	162		8	8 +		-27	-27	1\$3
11:00 am	1\$3		8 €+	8 ₁ +		-27	-2 <u>i</u>	144
12:00 pm	144	[1] +\$4	8€+	8)+		-27	-27	185
1:00 pm	185		8₽+	+18		-27	-21	126
2:00 pm	126		1 198	+ 1 8		<u>-27</u>	-21	11
3:00 pm	107					-27	-27	06

FIG. 7

FIG. 8A	100							
Time	Starting Sugar	Toasts	Meal 2	Total	Insulin	Dose	Total	Ending Sugar
8:00 am								
9:00 am								
10:00 am								
11:00 am								
12:00 pm		[3]						
1:00 pm								
2:00 pm								
3:00 pm								

	Ending Sugar								
	Total								
	2 3								
	Dose								
	Insulin								
9017	Total								
	Meal1								
	Toasts			3					
	Starting Sugar								
FIG. 8B	Time	4:00 pm	5:00 pm	6:00 pm	7:00 pm	8:00 pm	9:00 pm	10:00 pm	11:00 pm

A	
9.	
E	

	Ctorting		Mosl					Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Sugar
8:00 am		(1)+64			14-297			
9:00 am								
10:00 am		(1)+64				-32)2	-32.5	
11:00 am						-3\$.5	-32)5	
12:00 pm		3+162				-3 <u>\$</u>)5	-32:5	
1:00 pm						-32)5	-32.5	
2:00 pm		17-484				-3୍ବି/୧	-32.5	
3:00 pm						-ସ୍ଟ୍ରିଟ-	-32.5	

FIG. 9B				1	20/11				
Time	Starting Sugar	Toasts	Meal1	A distanta mandrana de la constante de la cons	Total	Insulin	Dose	Total	Ending Sugar
4:00 pm		424				16-297	9.	9)1-	
5:00 pm							46	-¶e	
6:00 pm		3+162					(je - 9)	-48	
7:00 pm							<u> </u>	-48	
8:00 pm							<u> A</u> 6 - <u>3</u> 2	-48	
9:00 pm		[1]+\$4					-€6 -€2	-48	
10:00 pm							- 3 2	3 €-	
11:00 pm							-9 <mark>5</mark>	-35	

FIG. 9C					270			
Time	Starting Sugar	Toasts	Meal1	Total	Insulin	Dose1 2 3	Total	Ending Sugar
12:00 am						9p-	<u> </u>	
1:00 am						9)-	9	
2:00 am						-	9)	
3:00 am						9p-	9)-	
4:00 am						⊕ -	9)-	
5:00 am						90-	9 p-	
6:00 am								
7:00 am								

FIG.10A				00/61				
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending I Sugar
8:00 am	108	(1)+\$4	8⊕+	() + () 8	14-297	-32.5	-3\$.5	.5 126
9:00 am	126		1 98	+18		-32€5	-32.5	5 144
10:00 am	144	(7)-64	+48+48	- 36		-32)5	-32.5	5 148
11:00 am	148		()+	+18		-3\$25	-32:5	5 183
12:00 pm	183	(3)+162	+ \$4 + (\$8	+\$2		-3\$12	-3255	5 123
1:00 pm	123		+\$4	+94		-3\$15	-32:5	5 105
2:00 pm	195	TT-1-54	+\$4+1	+\$\hat{\ell}2		-3\$)5	-32:5	5 234
3:00 pm	284		+48	+48		-32.5	-32.5	5 220

Time	Starting Sugar	Toasts	Meal	Total	Insulin	Dose	Total	Ending Sugar
4:00 pm	220	(1) +\$4	+\$\frac{1}{4}8	98+	14-297	- A e	-¶e	240
5:00 pm	240		+48	8 0+		46	- 16	242
6:00 pm	242	(3)+ (E2	+3+8++	+42		-{Je -32	-4 <u>8</u>	200
7:00 pm	200		+\$4	+34		-46 -32 -46 -32	-48	2 2
8:00 pm	2 2		+94	+54		-€	-48	208
9:00 pm	278	(3) +\$4	8⊕+	8 ₍₎ +		-de - <u>3</u> ≥	-48	248
10:00 pm	248		8€+	8)+		-9\$	-3 <mark>5</mark> 2	234
11:00 pm	234		1 48	8)+	and the second second	₹	-3€S	220

FIG. 10B

FIG. 10C		ı									
\text{\tint{\text{\text{\text{\text{\tint{\text{\text{\text{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\text{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\text{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tint{\tinit{\tinit{\tint{\tinit{\tint{\tint{\tinit{\tinit{\tinit{\tinit}\tinit{\tiinit{\tiit}\tinit{\tinit{\tiit{\tiit}\tinit{\tiinit{\tiit{\tiinit{\tiinit{\tiit{\tiinit{\tiinit{\tiinit{\tiinit{\tiinit{\tiii}}\tiinit{\tiii}\tiinit{\tiinit{\tiitit{\tii}\tiinit{\tiii}\tiinit{\tiinit{\iiii}\tiinit{\tiinit{\tiii}\tiit	Starting Sugar	Toasts	-	2	Total	Insulin	-	2 3		Total	Ending Sugar
,	220							9)		I	204
	204							9		16	188
	188							<u>9</u>)-		1	10/2
ar ————	102							9)-		15	156
	136							9		-1 <u>6</u>	140
	140							9)-)-1	- 1	124
	124										124
	124										124

10/08	Total Insulin 1 2 3 Total Sugar	+18 11-297	+48	+36 -325 -325 14 5 2	+18 -325 -325 183	+2 -32:5 -32:5 172.5	+325 -325 104	+1/2 -32/5 -32/5 23/8.5	130 5 20 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5
	Toasts 1 2	(1)+54 H	8) +	(1) +24 +48	8 ₁)+	3+162 +34+118	1 \$+	97-134 +38	8
	Starting Sugar	108	126	444	14.5	1333	12.5	194	0 2 A
FIG. 11A	Time	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	

Starting Time Sugar 4:00 pm 239							:
E E	Toasts	7	Total	Insulin	1 2 3	Total	Ending Sugar
						and the state of	
	(1)+64	+18+18	+36		-16.2	-1@2	239
		+(1-8	80+		-16:2	-16.2	240.5
6:00 pm 240.5	3+162	+18+34	+\$\(\frac{1}{4}\)	14-297	-16.2	-16,2	296.5
7:00 pm 296.5		+34	+54		-16:2	-16:2	334
8:00 pm		+34	+34		-16:2-32:4	-48.6	330.5
9:00 pm 330.5	43+64	+48	8 +		-16.2-32.4	-48.6	6 0 E
10:00 pm		+48	1 48		-32.4	-32:4	294.5
11:00 pm 294.5		+18	+18		-32.4	-32.4	280

Sugar Toasts 1 2 Total Insulin 1 2 Sugar Toasts 1 2 Total Insulin 1 1 2 Total Insulin Insu						C		Ending
240 240 240 140 140 140 140 140 140 140 140 140 1	Time	Sugar	Toasts	Meal1	Insulin		Total	Sugar
245.5 160.5 164.	12:00 am	280				-32.4	-32:4	24.5
166.5 160.5	1:00 am					-32.4	-32:4	2/5
166.5 160.5	2:00 am	215				-16.2	-16.2	601
166.5 150.5	3:00 am	1099				-16.2	-16,2	183
166.5 150.5	4:00 am	163				-16.2	-16.2	166.5
150.5	5:00 am	166.5				-16.2	-1632	150.5
134	6:00 am	150.5				-1632	-16.2	134
	7:00 am	134				-16.2	-16.2	148

ľ											
Starting Sugar	ting ar	Toasts	-	2	Total	Insulin	-	2	က	Total	Ending Sugar
1	108	(1)+64	1		1 1/8	16-405					126
16	126		+48		+18						144
	144	(1)+©4	+Q+Q+	8	+36		45			-45	185
	185		+	+18	+47		-45			-45	108
	108	3+162	+ 5 4 + 1 8	8	+\$\frac{1}{2}		-45			-45	185
1	(8)2		+\$4		+34		-45			-45	144
	44	13484	+\$4+18	8	+\$\hat{y}_2		-45			-45	16
7_4	<u></u>		+	+48	+1		-45			-45	144
				-			-				Į

Starting Sugar Toasts 1 2 3 Total Sugar Light Image: Sugar Su	ľ										
(1) 1 (1)	Sta Suç	rting Jar	Toasts	-	2	Total	Insulin	1 2	က	Total	Ending Sugar
제한 40 20	T	44	49+(4)	+84+	8	+36	189	-22.5		-22:5	15/2.5
[3] 다 하 다 하 다 하 다 하 다 하 다 하 다 하 다 하 다 하 다		<u>5</u> .5		8 1		+18		-225		-22:5	(53
1 1		(53	(3+162	+448+	54	+\$2		-225 -2M		-43.5	18年5
1 +한4 -20 -40 1 +0 +0 -40 1 +0 +0 -20 -20 +0 +0 +0 -40 -40 +0 +0 +0 -20 -20 +0 +0 +0 -20 -20 +0 +0 +0 -20 -20		81.5		+	54	+24		-22:5 -21		-43.5	102
1 + 1	7.16 3E	192		+	524	+54		-2 <u>\$</u> 5 -2		-43:5	202.5
8p+ 8p+	CV.	<u>02</u> .5	(1)+(\$4	80+		+48		-225 -21		-48.5	
8P+ 8P+		1991		8 PH		+18		√ 2-		-24	104
the state of the s	3 T 1,1	104		8 4		+1		₹ ₹		-2 4	12

Time Starting Toasts 1 2 Total Insulin 1 2 3 Total En 12:00 am 1 60.5 1 2 3 Total 1 60.5											
am 1 60:5 -10:5 -10:5	Time	Starting Sugar	Toasts	+	N	Total	Insulin	-		Total	Ending Sugar
160.5 -10.5 -10.5 10.5 10.5 10.5 10.5 10.5 10.5 10.5	12:00 am								-10.5	-10:5	160.5
139.5 -105 139.5 -105 148.5 -105 148.5 -105 148.5 -105 148.5 -105 148.5 -105 148.5 -105	1:00 am	160.5							-10.5	-10,5	150
139.5 -10.5 -10.5 10.5 10.5 10.5 10.5 10.5 10.5 10.5	2:00 am	150							-10.5	-10,5	139.5
118.5 -10.5 -10.5 10.5 10.5 10.5 10.5 10.5 10.5 10.5	3:00 am	139.5							-10.5	-10.5	62)
118.5 -10.5	4:00 am	129							-10.5	-10.5	118.5
108	5:00 am	118.5							-10.5	-10.5	108
108	6:00 am	108									108
	7:00 am	108									108

FIG.13A				77/00					
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	က	Total	Ending Sugar
8:00 am	108	(1)+\$4	8 ₄ +	+18	18-486				126
9:00 am	126		1 \$8	8 +					144
10:00 am	144	[] 	+498+48	98+		-\$4	1	-54	126
11:00 am	126		+48	+1/8		- <u>\$</u> 4		-54	O
12:00 pm	0)6	3+162	+54+18	+\$\frac{1}{2}		- <u>Ŝ</u> 4		-54	108
1:00 pm	108		+\$4	+24		- Ş4		-54	108
2:00 pm	108	(1)+64	+54+18	+\$2		- \$ 4		-54	126
3:00 pm	126		8 P+	+(18		- \$ 4		-5 4	06

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	06	(1)+\$4	+ 1 8+ 1 8	98+	4×-1@8	-27	-27	6 6
5:00 pm	66		- 4	80+		- <u>\$</u> -	-27	000
6:00 pm	06	3+162	+\$+ \$\$+	+\$2		-27 -13	-40	122
7:00 pm	122		+84	+34		- <u>2</u> 7 - (3	-40	186
8:00 pm	136		+24	+54		- <u>2</u> 7 - (3	-40	180
md 00:6	130					- <u>2</u> 7 -(3	-40	140
10:00 pm	100	494	1 (1)8	+18		()	<u>e)-</u>	105
11:00 pm	195		1 08	8)+		(3	-¶3	120

FIG. 13B

Time Sugar Toasts 1 2 Total F 8:00 am 144 E 1 146 E 1 146 E 1	FIG.14					2001-7					
1444	Time	Starting Sugar	Toasts	-	2	Total	Insulin		က	Total	Ending Sugar
1444 2148 36 436	8:00 am	144					18-486				144
1444 21-08 +36 +36 54 -54 108 +36 +36 +36 -54 -54 108 +36 +36 -54 -54 108 -30 -34 -54 109 -34 -54 -54 100 -34 -54 -54 100 -34 -54 -54	9:00 am	144									144
126 +36 +36 +34	10:00 am	144	2+108	987		+36		-\$4		-64	126
108 +36 +36 -34 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -34 -36 -36 -36 -36 -36 -36 -36 -36 -36 -36	11:00 am	126		98+		+36		- \$ 4		-54	108
	12:00 pm	108		98+		+36		- \$ 4		-54	
-\$4 -\$4	1:00 pm	06						- \$4		-64	
€	2:00 pm							- \$ 4		-64	
	3:00 pm							-Ş4		-64	

FIG.15										
Time	Starting Sugar	Toasts	1	2	Total	Insulin	1 2	က	Total	Ending Sugar
8:00 am	144					18-486				144
9:00 am	144									144
10:00 am	144	2+ 68	9 0)		+36		-54		-54	126
11:00 am	126		98+		+36		- <u>\$</u> 4		-84	108
12:00 pm	108		98+		+36		- <u>Ŝ</u> 4		-54	%
1:00 pm	06	3.5+189	+63		+63		- 5 4		-54	66
2:00 pm	66		(63		+63		- \$ 4		-64	108
3:00 pm	108		- 63		+63		- \$ 4		-64	147

FIG. 15 b											
Time	Starting Sugar	Toasts	-	2	Total	Insulin	3 , 1 m − 1	2	ဗ	Total	Ending Sugar
4:00 pm	167					4-108	-27			-27	96
5:00 pm	06	3+162	+ \$ 4		+24		-27			-27	167
6:00 pm	167		+ \$ 4		+54		- <u>2</u> 7 - (2	2		<u>3</u>	132
7:00 pm	162		1,		+34		-2ेर -1िट	(Z)		-3 <u>6</u>	147
8:00 pm	147	19484	80+		+138		- 23	-1/2		-ଥିଡ	126
9:00 pm	126		8 0+		+(1/8)		- \$7	- 1		-ଞ୍ଚିତ	105
10:00 pm	105	11-184	4 €8 +		 36			-1/2		-12	129
11:00 pm	189		8 ↓+		+18			12		-12	185

Time	Starting Sugar	Toasts	1 2	Total	Insulin	2	3	Total	Ending Sugar
12:00 am	135		1 √48	8 +		9 -		(147
1:00 am	147					9		©	14
2:00 am	141					© -		<u>6</u>	135
3:00 am	185					9		9	129
4:00 am	129					9		(()	123
5:00 am	123					9		©	11
6:00 am	11/107								167
7:00 am	167								11/17

FIG.15 c

	Ending Sugar	144	144	126	108	185	126	41	147
	Total			-54	-54	-54	-54	-54	-64
	က								and the state of t
	2								
	-			-54	-54	-54	-54	-5 ⁴	-54
	Insulin	18-486							
20/07	Total			98+	98+	+84	+45	+45	+54
	2					+45	+45	+45	
	-		ο	98	9ê+	+36+45			†Ĝ+
	Toasts			2+68		2.5			1 +54
	Starting Sugar	144	144	144	126	108	185	126	11/11/2
FIG.16	Time	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm

1	Ì							ı			
(N)	Starting Sugar	Toasts	-	2	Total	Insulin	-	2	က	Total	Ending Sugar
	108	(1)+\$4	1 18		+18	18-486					126
	126		1 48		+1/8						144
T-	144	(1)+\$4	+1/8+1/8	18	+36	4-108	-34			-54	126
T	126		+	+48	+ 1 }8		-34			-54	06
	Q	5-20	(1) + 00 + 00 + 00 + 00 + 00 + 00 + 00 +		+108		-Ş4 - (3	(L)		- <u>©</u> 1	131
			0 ©+		+90		-64 -13	(L)		-ĜJ	164
	§ 4		0 ©+		+90		-64 -13	(1 3)		-67	1億7
•							- 54 - 13	<u>E</u>)		-6,7	140

2/1:011									
	Starting								Ending
Time	Sugar	Toasts	1 2	Total	Insulin	-	2 3	Total	Sugar
4:00 pm	110	2108	1 36	99)+	6.7-162	-27	- (3	- 4 0	106
5:00 pm	106		9ê)+	1 36		-23	(3	-40	102
6:00 pm	102		1 36	98)+		-27	(S) - (B	-5°0	88
7:00 pm	88	3+162	+34	+\$4		-27	\$ - 1 8	୍ଟିଡ୍-	3
8:00 pm	92		+\$4	+\$4		-27	(5) -1(8)	-50 -	96
9:00 pm	96		+€4	+\$4		-27	() -(8	-	100
10:00 pm	100	(2+108	- 36	98			(S) -1(8	-23	1(1)3
11:00 pm	1(1)3		-(36	9 0) +			(2) - (3)	-23	126

FIG. 17B

Time	Starting Sugar	Toasts	1 2	Total	Insulin	*	ر د د	Total	Ending Sugar
12:00 am	126		98+	98+				◆	163
1:00 am	163						©	ଦ୍ୱ ି	144
2:00 am	144						©	©	185
3:00 am	185						©	<u>©</u>	126
4:00 am	126						®	©	167
5:00 am	147						ଦ୍ୱ)	<i>କ୍</i>	108
6:00 am	108								108
7:00 am	108								108

Starting Sugar Toasts 1 2 Total Insulin 1 2 3 1008 1140	FIG. 18A									
108 11464 + 18 + 18 + 18 + 18 + 18 + 18 + 18 + 1	Time	Starting Sugar	Toasts		Total	Insulin	1 2	က	Total	Ending Sugar
126 + 18 + 18 + 18 + 18 + 18 + 18 + 18 + 1	8:00 am	108	43+634	8€+	1 48	18-486				126
144 114 114 114 114 114 114 114 114 114	9:00 am	126		8₽+	+48					144
126 + 18 + 18 + 19 + 19 + 19 + 19 + 19 + 19	10:00 am	144	Т	(+ 4		A -108	-54		-54	126
131	11:00 am	126		+(1/8			- 5 4		-54	000
1êt +ê0 +ê0 -64 -18 1êt +ê0 +ê0 -64 -18 1êt -1êt -18	12:00 pm	06	5-270	8J+0G+	+108		-64 -43		19 -	1831
164 +90 -54 -13 177 -54 -13	1:00 pm	131		0 ©+	0ê+		-Ş4 - (j3		29-	164
177	2:00 pm	154		06+	0ê+		-É4 - (3		1 9-	177
	3:00 pm	127					-64 -63		29-	190

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	က	Total	Ending Sugar
4:00 pm	1億0	(2)+108	98+	98+		१३ - १३		-4 ₀	100
5:00 pm	106		9 © +	98+		F)- 13-		-40	102
6:00 pm	102	(1) +64	8 € +9€+	+24		\$ 1 \$ -		-32	124
7:00 pm	124		8 +	+1/8		\$ 13-		-32	110
8:00 pm	100		+48	1		- <u>ê</u> 7 - 6		-32	96
9:00 pm	96		+(18	+13		\$ 13		-35	3
10:00 pm	8		1 €8	80)+		\$		P	S
11:00 pm	95		+18	+18		Q		(S)	108

FIG. 18B

FIG. 18C					0000					
	Starting Sugar	Toasts	-	2	Total	Insulin	1	က	Total	Ending Sugar
	108									108
	108									108
2:00 am	108									108
3:00 am	108									108
4:00 am	108									108
5:00 am	108									108
6:00 am	108									108
7:00 am	108									108

FIG. 19A									
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	<u>ო</u>	Total	Ending Sugar
8:00 am	108	(1)+\$4	- 4	1 4	18-486				126
9:00 am	126		8+	8 + 1					144
10:00 am	144	(1)+64	8J+8J+	+ 3 6		-54		-34	126
11:00 am	126		(198	()		-54		-\$4	O
12:00 pm	06	3+162	+54+18	+\$\(\begin{align*}(2) & \\ \\ \\ & \\ \\ \\ \\ \\ \\ \\ \\ \\		-94		-34	108
1:00 pm	108		+Ĝ+	+24		-54		-54	108
2:00 pm	108	(T)+\$4	+54+18	+\$\(\begin{align*} \pi \eqright* \]		-34		-54	126
3:00 pm	126		+48	+18		54		-64	O

FIG. 19B							9		
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1	က	Total	Ending Sugar
4:00 pm	0,6	(1)+\$4	8P+8P+	98+	10-20	-27		-2	66
5:00 pm	66		8	æ₽+		-27		-2±1	06
6:00 pm	0,6	(5 + 270	0ê+ 8¢+	+108		-27 -30		-6,1	161
7:00 pm	141		0ê+	0ê+		-27 -30		49-	104
8:00 pm	124		0 © +	0ê+		-27 -30		-67	207
9:00 pm	207					-27 -30		2-2	180
10:00 pm	130	17484	- 498	+48		9 ê-		-30	188
11:00 pm	138		 8	+18		9		-30	126

FIG. 19C				01/16				0-100	
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	က	Total	Ending Sugar
12:00 am	126	(1)+64	+48+48	98+		-45		-(5)	147
1:00 am	147		+	8 +		-42		-165	130
2:00 am	150		+	1 18		-12		<u>(</u> 2	153
3:00 am	153					<u>-</u>		<u>-(5)</u>	138
4:00 am	138					<u>-(1)</u> 2		-45	123
5:00 am	123					-45		-45	108
6:00 am	108								108
7:00 am	108								108

Starting Sugar Toasts 1 2 Total Insulin 1 2 3 1 1 2 Total +36 +36 +36 +36 -36 -36 -36 1 1 4 436 +36 +36 -	FIG. 20A							3		
108 2 + 46 + 46 + 46 + 46 + 46 + 46 + 46 +	Time	Starting Sugar	Toasts	1 2		Insulin		က	Total	Ending Sugar
1008 +36 +36 +36 -36 1004 +36 +36 +36 -36 1004 3162 +36 +36 -36 1008 -54 +34 +34 -34 1008 -54 +34 -54 -34 1008 -54 +34 -34 -34 -34 1008 -54 +34 -34 -34 -34 -34 1008 -54 +34 -34 -34 -34 -34 -34 -34 1008 -1008 -1008 -1008 -1008 -1008 -1008 -1008 -1008 -1008	9:00 am	108	(2+108	98+	9 \$+	12-108				108
144 + 46 + 46 + 46 + 46 + 46 + 46 + 46 +	10:00 am	108		9 © +	98+		-\$6		- 3 6	144
144 3146 454 454 454 654 654 654 654 654 654 6	11:00 am	144		98+	+30		- 3e		98-	144
144 3+62 +34 +34 -34 -34 -34 -34 -34 -34 -34 -34 -34 -	12:00 pm	144				1.8~162	- 9e		98-	144
108 +54 +54 -54 -54 -54 -162 -54 -162 -54 -162 -54 -163 -163 -54 -163 -163 -54 -163 -163 -163 -163 -163 -163 -163 -163	1:00 pm	144	(3)+1(e2	· · · · · · · · · · · · · · · · · · ·	+84		-54		-54	108
108 T+54 + 18 + 1/2 6 - 162 - 54 126 + 1/8 + 1/8 + 1/8 - 1/8	2:00 pm	108		+\$4	+54		-64		-54	108
126 + 18 + 18	3:00 pm	108	(T)+\$4	+\$4 +¶		6 -162			-64	126
	4:00 pm	126		+			- 1		-48	126

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
5:00 pm	126		+168	80+		-18	8)-	126
6:00 pm	126				13-102	8 ₽-	E	108
7:00 pm	108	3 44.62 +54	+54	+94		-\$4	-54	108
8:00 pm	108		+34	†§ +		- <u>Ŝ</u> 4	₽ \$-	108
9:00 pm	108		+24	+94	6 -54	-Ŝ4	12	108
10:00 pm	108	(1)+\$4	8.	8 +		-18	8 P-	108

FIG. 20B

FIG. 21A

	Time		Sample Results
Step 1	Time = 8:00 am	Blood sugar reading	180
Step 2	Immediately = 8:00 am	Eat 2 Toasts	
Step 3	+1/2 hour, Time = 8:30 am	Blood sugar reading	198
	+1/2 hour, Time = 9:00 am	Blood sugar reading	215
	+1/2 hour, Time = 9:30 am	Blood sugar reading	234
	+1/2 hour, Time =10:00 am	Blood sugar reading	250
	+1/2 hour, Time = 10:30 am	Blood sugar reading	270
	+1/2 hour, Time = 11:00 am	Blood sugar reading	288

FIG. 21B

	Time		Your Results
Step 4	Immediately 11:00 am	Take 12 units of fast-acting insulin	
Step 5	+1/2 hour, Time = 11:30 am	Blood sugar reading	270
	+1/2 hour, Time =12:00 pm	Blood sugar reading	250
	+1/2 hour, Time = 12:30 pm	Blood sugar reading	234
	+1/2 hour, Time = 1:00 pm	Blood sugar reading	215
	+1/2 hour, Time = 1:30 pm	Blood sugar reading	198
	+1/2 hour, Time = 2:00 pm	Blood sugar reading	180

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting Blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 toasts		
Step 3	1/2 hour later 8:30 am	Your typical exercise	A.	
		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

FIG.23A			in the second			i i i i i i i i i i i i i i i i i i i		
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	(Z+108	98+	98+	12 -108	-3	- \$6	108
10:00 am	108)	1 36		-36	-මීල	108
11:00 am	108		+36	9ê+		-ଥିତ	98-	108
12:00 pm	108							108
1:00 pm	108	3+162	+\$4	+34	18 -162	- <u>\$</u> 4	-64	108
2:00 pm	108		+\$4	+54		- <u>\$</u> 4	-64	108
3:00 pm	108	11-54	+\$4+18	+\$2	6 -54	- <u>\$</u> 4 -48	-72	108

FIG. 23B				44/00		2.600		
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	108		+48	8)+		-168	- 1	108
5:00 pm	108		+(1)8	80)+		-18	-18	108
6:00 pm	108				1,8 -1ê2	-54	-54	54
7:00 pm	54	3+162	+54	+34		-54	-54	54
8:00 pm			+94	+54		-54	-54	5
9:00 pm	54		-54	-54	6 -54	8	-18	6
10:00 pm		(1)+\$4	+(1)8	8J+		-18	-18	96
11:00 pm	O		+ √ }8	€ <u></u> }+	26 (i)	-48	-18	90

								4			
Starting Sugar		Toasts	₩-	2	Total	Insulin	-	2	ဗ	Total	Ending Sugar
6	(1 48		8 +						108
108	~										108
108	\sim										108
108	3										108
108	8										108
108	8										108
108	8								ALL SHEET		108
108	8										108

	Ending Sugar	108	144	144	144	108	162	162	180
	Total			- \$6	98-	-8 <u>6</u>		-64	-64
	3								
	2			(O.	ശ	9		4	4
	-		8	999	98	- <u>\$</u> 6	25	45	4-54
	Insulin		12 -108				18 -162		6 -54
40/00	Total		98+	୭୍ଡି-	98+		+94	+54	+\$\frac{1}{4}2
	2								+64+18
	-		984	98+	9€+		1,5 4	+\$4	+27
	Toasts		2 + 108				3462		(1)+\$4
	Starting Sugar	108	108	144	144	144	108	162	162
FIG.24A	Time	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm

FIG. 24B							0.00	
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	180		8)+	+		-54 - 18	-Ú2	126
5:00 pm	126		+	8P +		-18	%	126
6:00 pm	126				18-162	8	<u>8</u>)-	108
7:00 pm	108	3+162	+54	+24		-\$4	2 \$4	108
8:00 pm	108		+34	+24		-54	1 2	108
9:00 pm	108		+54	+24	£ - \$4	(\$4	- <u>5</u> \$4	108
10:00 pm	108	(1) +\$4	1 08	+13		-18	- 1	108
11:00 pm	108		+(18	+43	26 (i)	-∯	-18	108

FIG. 24C								ı			
	Starting Sugar	Toasts	1 2		Total	Insulin	-	2	ო	Total	Ending Sugar
12:00 am	108		1 (18	+	()		-18			-18	108
1:00 am	108										108
2:00 am	108										108
3:00 am	108										108
4:00 am	108										108
5:00 am	108										108
6:00 am	108										108
7:00 am	108										108

FIG.25A				90/7					
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	က	Total	Ending Sugar
8:00 am	108								108
9:00 am	108	2 108	98+	+36	12 -108				108
10:00 am	108		987	+36		- 3e		98-	144
11:00 am	144		9€}+	+36		- 3 9		98-	144
12:00 pm	144				18-162	9€-		-3 <u>6</u>	144
1:00 pm	144	[3]+162	+\$4	+54		-54		-54	108
2:00 pm	108		+\$4	+24		-64		-54	108
3:00 pm	108	(1)+64	+64+18	+\$2	6 -162	-54		-64	126

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	126		+	8)+		-¶8	(A)	126
5:00 pm	126		+48	80+		-18	-18	126
6:00 pm	126				18-162	-\$P	8)-	108
7:00 pm	108	3+162	+54	+94		-54	-54	108
8:00 pm	108		+94	+24		-54	-54	108
9:00 pm	108		-54	-54	£ -\$4	\$ 4	-54	108
10:00 pm	108	17-164	1 €8	8 1+		-18	() - (108
11:00 pm	108		- 48	+18	26 (i)	-18	-18	108

FIG. 25B

FIG. 25C										9	
Time	Starting Sugar	Toasts	-	2	Total	Insulin	-	2	က	Total	Ending Sugar
12:00 am	108		+18		+48		<u>8</u>			-18	108
1:00 am	108										108
2:00 am	108										108
3:00 am	108										108
4:00 am	108										108
5:00 am	108										108
6:00 am	108										108
7:00 am	108										108

F10.20A								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	E 108	98)+	98+	12-108	9€}	-36	108
10:00 am	108		9 0) +	98+		9୍ଡି-	- 3 6	108
11:00 am	108		9€+	98+		99	- \$6	108
12:00 pm	108							108
1:00 pm	108	(3+162	+(\$)4	+54	18-162	-54	-54	108
2:00 pm	108		+(Ŝ4	+94		-\$4	- \$4	108
3:00 pm	108	(1)+\$4	+64+48	+\$2	B -54	- \$ 4 - (8	-\$2	108

FIG. 26B								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	108		+18	8 ⊕+		-1(8	- 1 8	108
5:00 pm	108		+48	8.0+		-18	- 1 ⁸	108
6:00 pm	108							108
7:00 pm	108	3+162	+54	+24	18-162	- 5 4	-54	108
8:00 pm	108		+54	+34		- \$ 4	-54	108
9:00 pm	108		+\$4	+54		(\$4	-54	108
10:00 pm	108	(1) +\$4	+⊕8	1 48	6 - \$4	8	-18	108
11:00 pm	108		1	1 48	Z Ğ(i)	-18	-18	108

Time	Starting Sugar	Toasts	. 2	Total	Insulin	1	ო	Total	Ending Sugar
12:00 am	108		+ √ 8	1		- 1		- 18	108
1:00 am	108								108
2:00 am	108								108
3:00 am	108								108
4:00 am	108								108
5:00 am	108								108
6:00 am	108								108
7:00 am	108								108

FIG. 26C

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	ღ	Total	Ending Sugar
8:00 am	108	494	 	8 +	18-486				126
9:00 am	126		1 08	80+					144
10:00 am	144	ET 1-64	8P+8P+	98+		-\$4		-54	126
11:00 am	126		8 1 +	80+		- <u>\$</u> 4		-54	O
12:00 pm	O B	3+162	+54+18	+\$\frac{1}{2}		- Ŝ 4		-54	108
1:00 pm	108		+34	+24		- <u>Ŝ</u> 4		-54	108
2:00 pm	108	17-64	+\$4+\$8	+\$\(\begin{align*} \pi \\ \pi \		- \$ 4		-64	126
3:00 pm	126		(4)	8)+		- <u>\$</u> 4		-54	6

FIG.27A

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	06	494	10 8+48	98+	4-108	-27	<u> 1</u>	66
5:00 pm	66		8 ⊕ +	80+		-27	12-	0,6
6:00 pm	6	(3)+462	+ 1 8+ 2 4	+\$2		-ê7 -le	6 ê-	123
7:00 pm	123		+84	+94		- <u>2</u> 7 - 12	6 ê-	188
8:00 pm	188		+94	+54		-ê7 -tg	6 ê-	163
9:00 pm	183					-क्रेंग -क्ष्ट	6 E -	104
10:00 pm	164	[1]+\$4	8₽+	8 ₁ +		3)-	3	1億0
11:00 pm	120		1 €	+48	<u>2</u> 6(i)	- 1	-125	126

FIG. 27B

	The state of the s								
	Starting								Ending
Time	Sugar	Toasts	1 2	Total	Insulin	.	2 3	Total	Sugar
12:00 am	126		 	+			9	9	138
1:00 am	138						(<u>©</u>	132
2:00 am	182						<u>(Q)</u>	<u>(</u>	126
3:00 am	126						©)	(120
4:00 am	120						©	©	164
5:00 am	164						<u>@</u>	©	108
6:00 am	108								108
7:00 am	108								108

FIG. 27C

58/68 **Chart I**

	Your Results	ð		g	g	g	g	g	Di .
		Blood sugar reading	Eat 2 Toasts	Blood sugar reading					
Chart	Time	Time =	Immediately	+1/2 hour, Time =					
	Line	1	2	3	4	2	9	7	∞
FIG.28A		Step 1	Step 2	Step 3					

59/68 Chart I

FIG. 28B		Chart		
	Line	Time		Your Results
Step 4	6	Immediately	Take 12 units of fast-acting insulin	
Step 5	10	+1/2 hour, Time =	Blood sugar reading	
	11	+1/2 hour, Time =	Blood sugar reading	
	12	+1/2 hour, Time =	Blood sugar reading	
	13	+1/2 hour, Time =	Blood sugar reading	
	14	+1/2 hour, Time =	Blood sugar reading	
	15	+1/2 hour, Time =	Blood sugar reading	

60/68 Chart II

Starting Sugar Tos	Toasts	-	2	Total	Insulin	-	Ø	က	Total	Ending Sugar
التي								0		
		()			N N					
					N.					
	0				X					
لنَّــيّ	*				X					
	0	6			X					
القرق					Y					
					N. C.	3				

	continued
61/68	Chart II
	JB

Time Starting Starting Starting Toasts 1 2 Total Froid Froid <th>FIG. 29B</th> <th></th> <th></th> <th></th> <th></th> <th>Chart II</th> <th>CO</th> <th>continued</th> <th>ned</th> <th></th> <th></th> <th></th>	FIG. 29B					Chart II	CO	continued	ned			
	Time	Starting Sugar	Toasts	-	2		Insulin		N	က	Total	Ending Sugar
	4:00 pm	4.)				•	X	©				
	5:00 pm								•			
	6:00 pm						X			4		
	7:00 pm				•							
	8:00 pm								4			
	9:00 pm				0	4						
 ♠ ♠ ♦ ♦	10:00 pm		2				X					
	11:00 pm				0		26(1)			4		

62/68 Chart II

FIG. 29C					Chart II	ဝ	continued	ned			
Time	Starting Sugar	Toasts	-	2	Total	Insulin	-	N	က	Total	Ending Sugar
12:00 am						No.			0		
1:00 am						No.		()			
2:00 am						N. N. S.			()		
3:00 am				(F)		X					
4:00 am			0	0		X					
5:00 am						X					
6:00 am					0	X					
7:00 am						X					

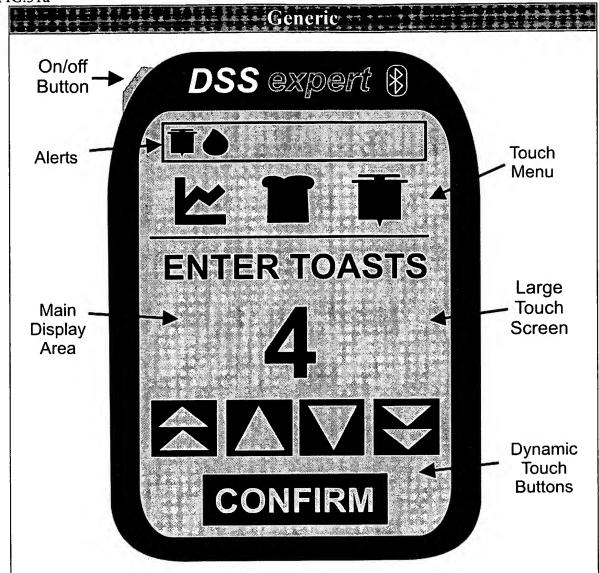
63/68 **Chart** III

_	
	5

FIG.30

	Line	Time		Original Results	Exercise Results
Step 1	1	Starting Time	Starting Blood sugar reading		
Step 2	2	Immediately	Eat 2 toasts		
Step 3	လ	1/2 hour later	Your typical exercise		
	4		Normal morning activities		
	2	3 hrs after first reading	Blood sugar reading		

FIG.31a



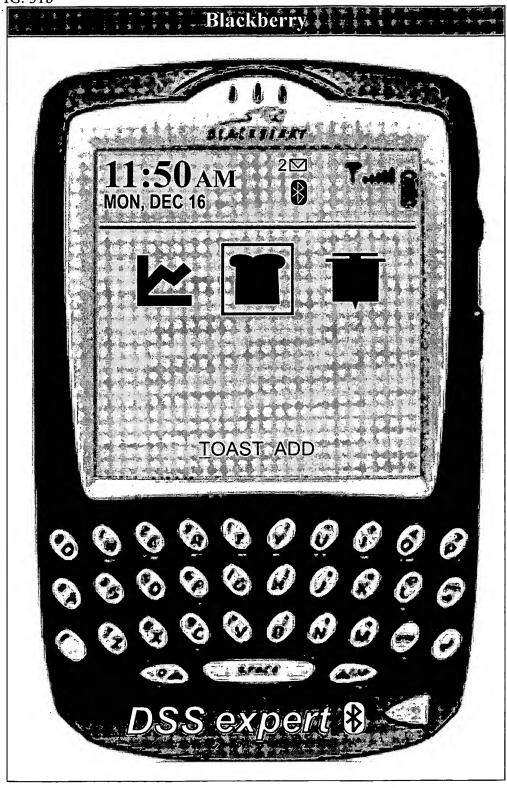
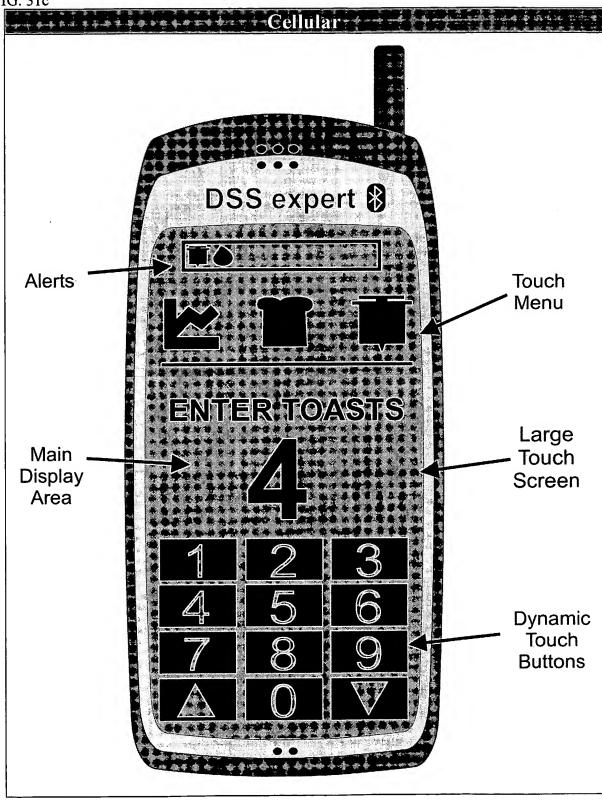
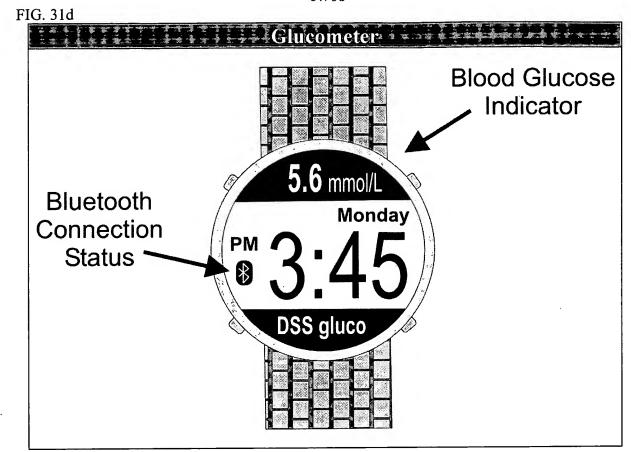
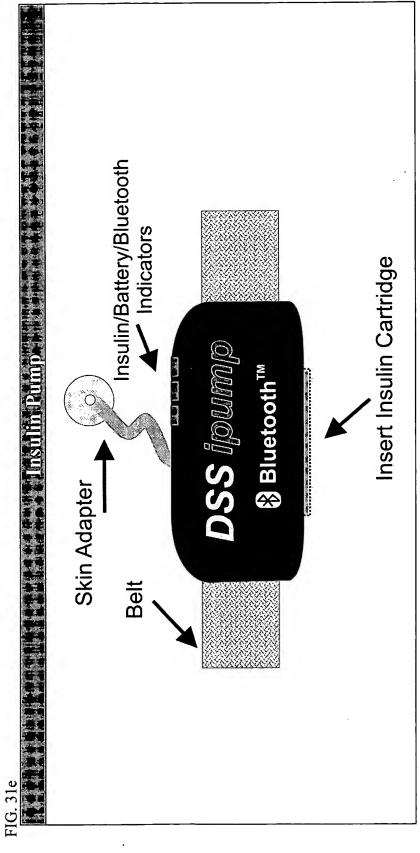


FIG. 31c







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